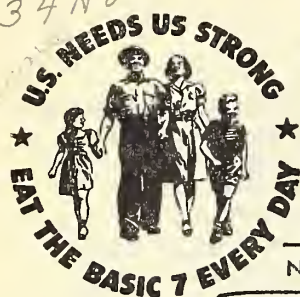


Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

173.3
H34NU



NUTRITION

U. S. DEPARTMENT OF AGRICULTURE

OCT 31 1947

Published Monthly by the
Production and Marketing Administration
With the Approval of the Director, Bureau of the Budget

News Letter

NUMBER 64

WASHINGTON, D. C.

NOVEMBER 1947

1947-48 NUTRITION ACTIVITIES OF THE CHILDREN'S BUREAU, SOCIAL SECURITY AD- MINISTRATION, FEDERAL SECURITY AGENCY

The five nutritionists of the Children's Bureau will continue to give consultation to the State agencies that administer Federal grants-in-aid for maternal and child health services and for services for crippled children. One means of contact with a fairly large number of State workers, in spite of reduced Federal travel budgets, was through a 2-day conference of nutritionists in State health departments in Philadelphia on October 10 and 11. The agenda for this conference reflected suggestions submitted by the States.

In addition to regular consultation and review of the nutrition content of State programs for maternal and child health and crippled children's services, the nutritionists of the Children's Bureau will also work with colleges and universities in planning curricula for the professional training of public health nutritionists and for special in-service training of nutritionists employed by State agencies.

International contacts will be maintained through advisory service to the headquarters office of the International Children's Emergency Fund and through conferences and planning for field observation of the United Nations fellows in social welfare and public health who are especially interested in nutrition work with children.

BHNHE ASSIGNED WORK UNDER RESEARCH AND MARKETING ACT

A number of studies to be undertaken by the U. S. Department of Agriculture under the Research and Marketing Act have been announced, among them the following projects important for improved nutrition:

1. A study to obtain current information regarding family food consumption in population groups.

Starting with city groups this year, surveys national in scope will be made to learn the effects of various factors—such as region, season, income,

money spent for food—on the quantity and kind of food families consume and the adequacy of the diets.

In carrying out these surveys, the Bureau of Human Nutrition and Home Economics will have the informal cooperation of the Bureau of Agricultural Economics in planning the studies, and of the Bureau of Labor Statistics, U. S. Department of Labor, in comparing the new data with data obtained in 1942 and earlier years.

2. A study to obtain information on dietary habits and nutritional status of individuals in population groups as a means of estimating nutritional needs.

Studies of various age groups in large-scale surveys can be made, now that rapid objective methods for evaluating nutritional status are becoming available.

The BHNHE, in cooperation with State experiment stations, will carry out parallel studies of nutritional status and food intake. Food habits, present and past, will be estimated by interview. Nutritional status will be measured by biochemical and physical criteria, in cooperation with local and State health agencies and U. S. Public Health Service.

3. A study to provide information on nutritive values in foods, and to find ways to improve palatability, particularly in regard to foods for which an expanding market is needed.

Two main classes of foods are involved—those likely to be so abundant, from time to time, that programs for distribution and effective use are needed, and new foods or old foods in new forms appearing on the market. In both instances, national program planning calls for up-to-date, scientifically developed information, showing how the food can best be used to supplement other foods in meals, and how to get the food into diets of people needing it most.

The BHNHE is to develop ways of using such foods and also make analyses, with special attention to newly identified B vitamins, starting with folic acid.

Priority of foods to be studied will be determined in cooperation with other bureaus in the U. S. Department of Agriculture. For the first year, one food preparation laboratory will work on extended uses for animal foods, another on plant foods, and an analytical laboratory will handle both food types.

THE FOOD AND AGRICULTURE ORGANIZATION
OF THE UNITED NATIONS MAKES PROGRESS IN
FIGHT AGAINST WORLD HUNGER

All sessions of the FAO conference at Geneva, Switzerland, August 25 to September 11, were dominated by the critical food emergency. From reports given at the conference, it was obvious that adverse weather this year has checked recovery in food production, especially in parts of Europe, and that people who have already suffered undernourishment over a period of years now face the threat of rations lower than at any time since the war, and in some countries even lower than during the war.

The severe cold which swept Europe last winter froze the greater part of the winter wheat planted last fall. Spring wheat was planted but the spring was wet and cold, and after a late start the plants could not survive the widespread drought that developed before the harvest. This drought caused poor yields of all crops—vegetables, cereals, and feed for animals. Lack of feed is forcing the slaughter of livestock at a greatly increased rate, with the result that there will be less milk, less butter, and eventually less meat. Only countries in eastern Europe have improved their supplies. It is too early to predict southern hemisphere grain harvests.

With Europe's bread grain output, from 4 to 6 million tons lower than last year, and India's wheat crop 1 million tons less, due to rust and drought, supplies from other parts of the world will have to be increased by those amounts merely to maintain the low rations of last year.

To cope with this situation, the FAO conference created the World Food Council to take over the work of the International Emergency Food Council and coordinate recommendations for allocations of scarce foods by commodity committees. Since the new Council is made up of member governments rather than individuals, it can frame recommendations that have every chance of being put into effect promptly by both na-

tional governments and intergovernmental organizations. In addition, it will replace the Executive Committee as the governing body of FAO between annual sessions of the full conference.

By working closely with the proposed International Trade Organization and other specialized international agencies, the Council will supervise and coordinate the work of commodity authorities from the standpoint of production, consumption, and distribution of food and agricultural products. It will also establish a Consultative Technical Coordinating Committee to deal with the work of the FAO's Technical Divisions and Committee on Financial Control.

The 300 delegates at the conference also approved the Report of the Preparatory Commission on World Food Proposals. Copies of this report were sent you last February; it was also reviewed in the March Nutrition News Letter. In endorsing the report, which stressed the importance of promoting agricultural and industrial expansion concurrently, the conference emphasized the need for effective over-all coordination of the work of the various UN agencies. It decided that for some important commodities, commodity arrangements were the means of assuring steady markets and price stability at a fair level, thereby encouraging production.

Other actions by the conference include:

Extension of the term of office of Sir John Boyd Orr, Director General of FAO, until a successor is found.

Approval of working agreements between the FAO and other agencies of UN.

Admission of five new member nations, bringing the total membership to 54.

If you would like a copy of the report of the conference or information on the activities of the FAO, you can write the Information Office of the organization at 2000 Massachusetts Avenue NW., Washington 6, D. C.

NUTRITION WORKSHOP AT STATE COLLEGE,
PA.

Stimulating and successful describe the nutrition workshop held at State College, Pa., July 7-18, as a cooperative project of the Eastern Area Office of the American Red Cross and the Pennsylvania State College. About 100 people, including members of nutrition committees, Red Cross workers, public health and education people, and others

interested in nutrition, attended from the seven States in the eastern area.

During the first morning the delegates listed their nutrition problems. These problems fell into the following groups: (1) Organization of a nutrition program; (2) publicity; (3) teaching materials and methods; (4) ways of working with specific groups; (5) standards of nutrition information; and (6) surveys and nutrition clinics. The delegates selected the group they wished to work on and formed committees for discussion and study.

The program was so organized that mornings were devoted to background informational talks by specialists in various fields, afternoons to group discussions during which the specialists were called in as consultants when needed, and evenings in the dormitory to exchange of information among the participants.

The talks were given by specialists from the faculty of Pennsylvania State College, from the State Departments of Health and Public Instruction, and from other sources.

In the group discussions each facet of a problem was thoroughly aired and the conclusions reached and the reports made were the result of group decisions. A workshop is probably the most democratic way a group can work together on common problems. Many members commented that they felt they had contributed to the workshop as well as received help. Herein, they believe, lies the strength of a workshop and the likelihood that a good part of the conclusions reached will be put into use, because, according to Ivah Deering, "People do not lightly set aside decisions which they have helped to make."

Near the close of the conference the groups reported their conclusions. The Committee on Organization of a Nutrition Program made recommendations regarding the selection and qualifications of a nutrition chairman and outlined her duties and those of a committee. It worked out detailed instructions for selecting a committee and for carrying out a nutrition program.

The Publicity Committee drew up a list of contents for a kit covering all promotional outlets and called attention to the need for small attractive leaflets and up-to-date transcribed programs on nutrition for general use.

The Committee on Teaching Materials and Methods divided into two sections,

one working on adult activities, and the other on activities for preschool, primary, intermediate, and secondary groups. Actual visual aids were developed and specific recommendations were made on methods and outlines.

The Committee on Ways of Working with Specific Groups and Other Red Cross Services listed procedures, plans, and programs.

A number of other activities rounded out the program, including an elementary nutrition demonstration, a panel discussion on ways to interest people in nutrition, a symposium on school lunch, a tour of the Ellen H. Richards Nutrition Clinic for Research in Nutrition Studies, displays of exhibits and showings of films, and reports of nutrition studies in the States of the eastern area.

High lights of the meeting are given in the report issued by the Eastern Area Office of the American Red Cross. A limited number of copies are available upon request to that office at 615 North Asaph Street, Alexandria, Va.

CONNECTICUT.—The State Nutrition Committee is planning to reorganize as a State Nutrition Council to give wider representation for the purpose of coordinating and stimulating nutrition activities, according to the new chairman, Mrs. Martha Smith Fry. A committee, in laying plans for reorganization, has conferred with the Governor, the Commissioners of Education, Health, and Welfare, and the president of the University of Connecticut. A luncheon on September 25 in Hartford was held for reorganization purposes, with Dr. H. B. Kruse of the Milbank Memorial Fund as speaker.

Bridgeport. As a result of the realization that there was a community education job on nutrition to be done, the Bridgeport Nutrition Service was organized in 1944. The leaders responsible for this service formed the executive committee which became known as the Bridgeport Nutrition Committee.

The Service aids all member agencies of the Community Chest and Council, in addition to publishing a monthly Nutrition and Health Newsletter. This Newsletter has a mailing list of 350 and an additional distribution of 700 through public utilities, department stores, and super markets. It is supported by the Community Chest and Council.

Twice a year a food budget is com-

piled by the Nutrition Service for the use of welfare agencies. These budgets are based on the minimum food allowances published by the Bureau of Human Nutrition and Home Economics of the U. S. Department of Agriculture and cover persons from infancy to old age.

The nutritionist works with the Visiting Nurses' Association by teaching Nutrition in Public Health to students from the Bridgeport and St. Vincent's Hospitals. Talks and lectures are given to Parent-Teacher Associations, child study groups, Girl Scouts, school assemblies, and church and civic organizations; Red Cross nutrition classes are also taught regularly.

The nutritionist writes a weekly newspaper column and radio is used a great deal to help educate the public to good nutrition. Civic organizations throughout the city have cooperated wholeheartedly in all programs sponsored by the Bridgeport Nutrition Committee.

NEW HAMPSHIRE.—The State Board of Education sponsored its first school lunch workshop at Keene, N. H., August 5-8, with practically every member of the State Nutrition Committee contributing in some way. With more than 100 people attending, the workshop successfully met the needs of the people who actually prepare meals, Ruth M. Cutter, State Supervisor of School Lunches, writes.

The program included talks, demonstrations, a panel discussion, and group meetings. The group found their visits to individual schools where typical school lunches were served very valuable and profitable, and there was a very nice demonstration of canning at the school in Winchester by 4-H children and their leader. A talk by Dr. W. C. Ockey of the U. S. Department of Agriculture, on his work with the school lunch program in Germany high lighted the Wednesday night banquet.

Mrs. Marion Warner, State supervisor in Vermont, used models and charts most effectively in her talk on planning menus. Using flannel with pictures of foods cut from advertisements and seed catalogs, she illustrated menus which meet requirements and showed how to vary them. She also demonstrated a plastic lunch box, and what could be carried in it to supplement hot-dish meals in schools.

A panel—made up of a local grocer, member of the school board, home economics teacher, rural teacher, school

nurse, headmaster of a high school, school superintendent, home demonstration agent, and representatives of the Parent-Teachers Association and the U. S. Department of Agriculture—conducted a lively discussion on "Value of School Lunch and My Contribution to It."

The four group meetings on the topics "Lunch in the Rural School," "Lunch in the Larger School," "Cafeteria Management," and "Records for an Efficient Program" proved so worthwhile that more of them will be included in future programs.

Exhibits of equipment, such as pots, pans, dishes, silverware, refrigerators, restaurant-type ranges, and sinks proved to be of value to superintendents who purchase equipment, as well as to the school lunch workers.

At the close of the workshop, those attending were asked what they considered high lights and what they would like for another year. The response to these questions will be used as a basis for planning next year's programs.

* * * * *

As we go to press, the Citizens Food Committee is shaping up its program and has asked for the cooperation of all agencies and individuals who can contribute to its success. Members of the nutrition committees and agencies associated in the nutrition program have given assurances of their wish to cooperate in every way they can with the program. As the specific needs become more clear, we believe readers of the Nutrition News Letter will find many points at which they can contribute to the program.

Sincerely yours,



M. L. Wilson, Chief,
Nutrition Programs.



W. H. Sebrell, Associate Chief,
Nutrition Programs.